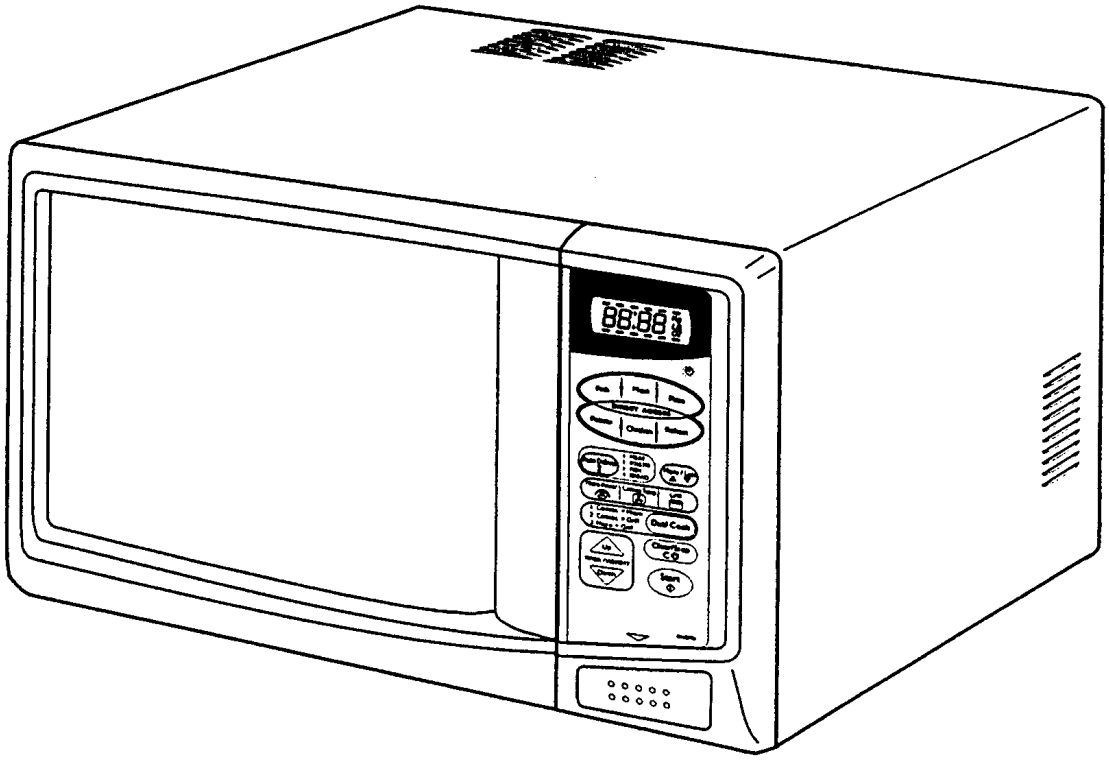
SANYO

INSTRUCTION MANUAL

EM-D754

Microwave Oven with Convection & Grill



Read these instructions carefully before use.
If you follow these instructions, your Microwave Oven will serve you long and well.

EUK
English

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SPECIFICATIONS

	EM-D754
Power Source	230 - 240 V
Maximum Output Power	900 W*
Quartz Grill	1300 W
Convection Heater	1200 W
Oven Capacity	0.8 cu. ft.
Outside Dimensions (W x D x H)	570 x 482 x 378
Net Weight	24 Kg
MAFF Rating	900 / E

*According to IEC 705 test procedures.

HOW TO USE YOUR OVEN SAFELY (MICROWAVE)

1. When boiling water or other liquids, be sure to use a wide mouthed container, this will allow air bubbles to escape freely and prevent boiling over. Overheating the liquid beyond boiling point can occur without the evidence of bubbling. This could result in a sudden boil over of the hot liquid.

2. Do not attempt to operate the oven while empty as this will cause damage.

3. Do not deep fry in the microwave oven as the temperature of the oil cannot be controlled and it may overheat.

4. Never completely seal containers in the microwave oven. Coverings are necessary but containers must not be airtight.

5. Small quantities of food with low moisture content or high fat or sugar content can burn, dry out or catch fire if cooked or re-heated too long. Please note that the heating / cooking period required is extremely short: for example it only takes approximately 15 seconds to heat one mince pie or similar.

6. Always pierce food which has a skin or membrane, for example, eggs, potatoes, tomatoes, apples, sausages etc. If you don't pierce them steam will build up inside and they may explode.

7. When disposable containers of plastic, paper or other combustible materials are used to reheat food, it is advisable to check from time to time during the cooking cycle.

NOTE

It is quite normal for steam to be emitted around the door, for misting to occur on the door, or even for water droplets to appear below the door during the cooking cycle. This is merely condensation from the heat of the food and does not affect the safety of your oven.The door is not intended to seal the oven cavity completely but its special SANYO design contributes to the complete safety of the appliance.

ALTHOUGH YOUR OVEN IS PROVIDED WITH SAFETY FEATURES, IT IS IMPORTANT TO OBSERVE THE FOLLOWING:

a. Do not tamper with safety interlocks.

b. Do not place any object between the oven and the door or allow any food residue to accumulate on sealing surfaces. Wipe the door sealing area frequently with a mild detergent, rinse and wipe dry. Never use abrasive powders or pads.

c. When opened, the door must not be subjected to strain, for example, a child hanging on an opened door may cause the oven to fall forward resulting in injury.

d. If any damage is apparent, do not operate the oven. Contact your nearest SANYO SERVICE CENTRE.

OTHER IMPORTANT SAFETY INSTRUCTIONS

The following safety precautions should be followed when using this appliance:

1. **Read all instructions before first use.**

2. **When using the grill and / or convection function for the first time, smoke and odour may be given off for a few minutes. This is normal during first operation, and is no cause for alarm.**

3. As with most cooking appliances, close supervision is necessary.

If a fire should start:
* Keep the oven door closed.
* Turn the oven off.
* Disconnect the power cord or shut off the power at the mains.

Other important safety points to remember are:

WHEN COOKING BY MICROWAVE:

1. Do not use wire ties in the oven. Be sure to inspect purchased items for wire ties and remove before placing food in the oven.

2. It is important to keep the oven interior clean. Food particles left on the oven walls reduce the efficiency of the microwaves.

3. Do not heat foods or liquids in bottles or jars with lids on. Air must be allowed to escape from the container.

4. Milk or food for babies should be heated on **400W**. It should then be stirred thoroughly and tested to ensure that it is at the correct temperature before giving it to the baby.

5. Care must be taken when removing cups of hot liquid from the turntable. Cups should be lifted not slid to the edge of the turntable to prevent tipping.

6. Never microwave eggs in the shell since they may explode. The egg yolk may pop because of a build-up of steam inside the membrane. To prevent this, pierce the membrane before cooking it.

WHEN COOKING BY GRILL / CONVECTION:

1. **Take care not to spill water on the glass viewing window during or immediately after cooking as it may crack.**

2. **Be sure to use an oven glove when loading and unloading the oven.**

3. **Be careful not to touch the viewing window when loading or unloading the oven.**

4. **The top of the cabinet gets very hot, therefore do not place items on the oven.**

WARNING

(a) Do not adjust or repair microwave oven yourself. Do not operate the oven if it is damaged, until it has been repaired by a service engineer trained by the manufacturer.

(b) It is dangerous for anyone other than a properly qualified engineer trained by the manufacturer to carry out adjustments or repairs.

(c) If the power supply cord is damaged, it must be replaced by the manufacturer, as a specially prepared cord is required.

(d) On no account remove or interfere with any parts or screws.
THIS COULD PROVE VERY DANGEROUS.

SAVE THESE INSTRUCTIONS

INSTALLATION

CONNECTING TO THE MAINS

Before you use your oven, check that the voltage shown on the data label located on the face of the oven conforms with your mains supply. The mains lead is fitted with a 13 amp plug containing a 13 amp fuse. If the fuse requires replacing at any time, the fuse cover should be removed using a small screw-driver to lever it out. The old fuse should be replaced by a 13 amp fuse and the fuse cover must be refitted before the plug is used again.

If the plug supplied on the mains lead is not suitable for the socket in your home, it should be cut off and disposed of safely, or destroyed, to avoid any possible shock hazard resulting from the plug being inserted into a 13 amp socket elsewhere in the house. A suitable replacement plug should then be fitted. (If a 13 amp plug and socket are not used, the circuit supplying the oven should contain a 13 amp fuse).

If the fuse cover is lost or damaged, the plug must not be used until a replacement is obtained. Replacement fuse covers are available from SANYO SERVICE CENTRES. It is important that the colour of the replacement fuse cover corresponds with the coloured insert or as embossed in words on the base of the plug.

WARNING - THIS APPLIANCE MUST BE EARTHED

IMPORTANT The wires in this mains lead are coloured in accordance with the following code: Green-and-yellow: Earth. Blue: Neutral. Brown: Live.

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

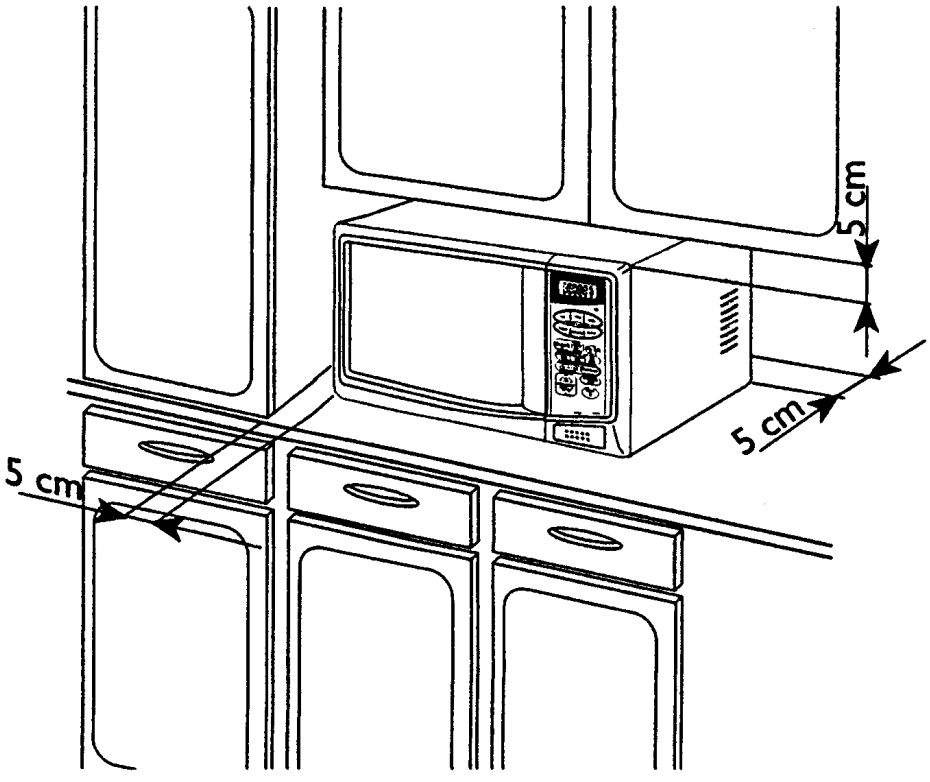
The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the the letter E or by the earth symbol ⏚ or coloured green or green-and-yellow.

The wire which is coloured blue must be connected to the terminal which is marked with the letter N or coloured black.

The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured red.

OVEN POSITIONING

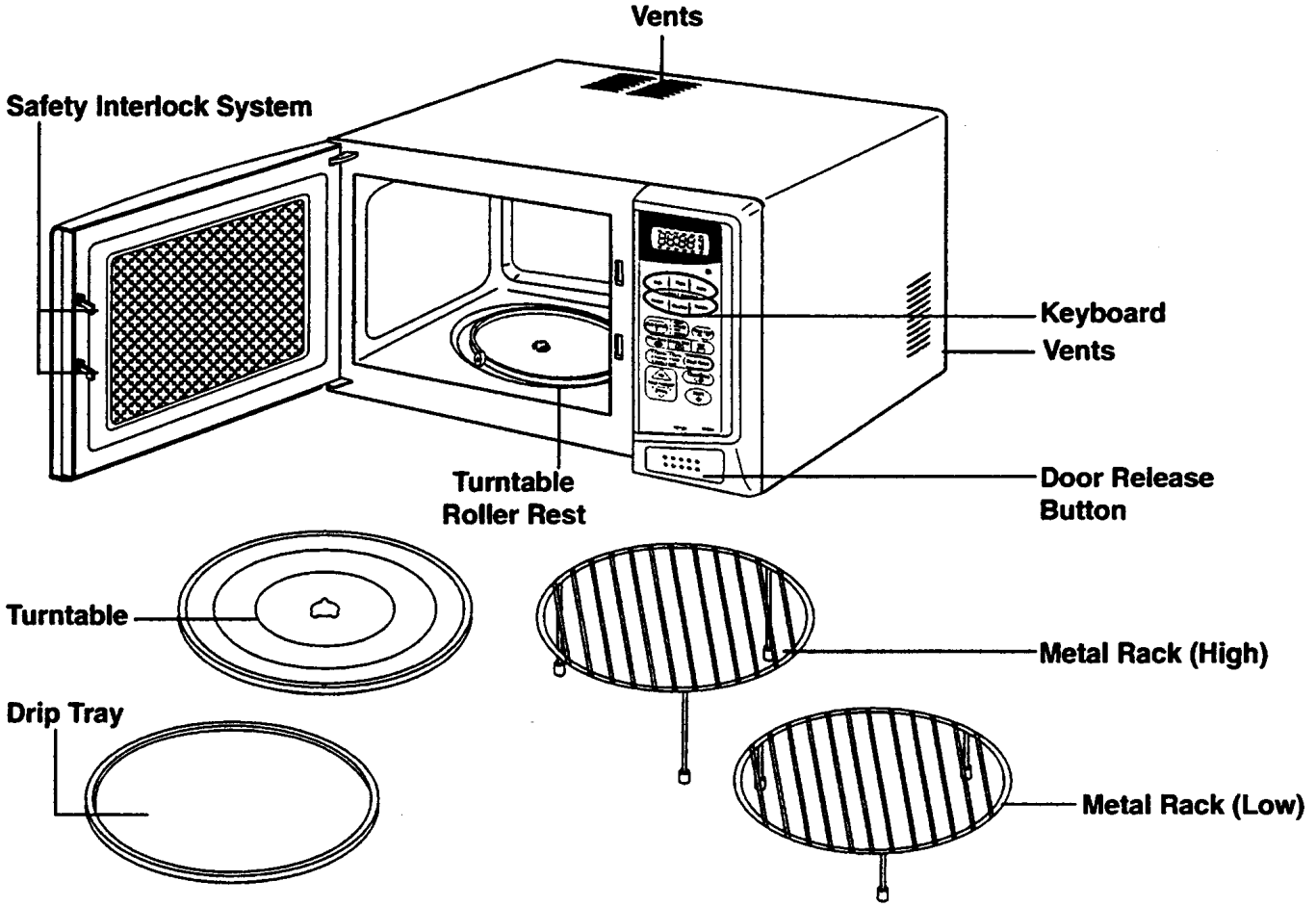
1. Install the oven on a flat, level surface strong enough to safely bear the weight of the oven.
2. Do not locate the oven near areas where heat and moisture are generated as this may lower oven efficiency.
3. Covering the air vents may lead to malfunctioning, therefore a minimum clearance of 5cm is required to each side, and to the rear and 5cm above.
4. This oven conforms to EMC Radio interference Directive 89/336/EEC, however some interference may occur if it is placed too close to a radio or TV, so keep them as far apart as possible.



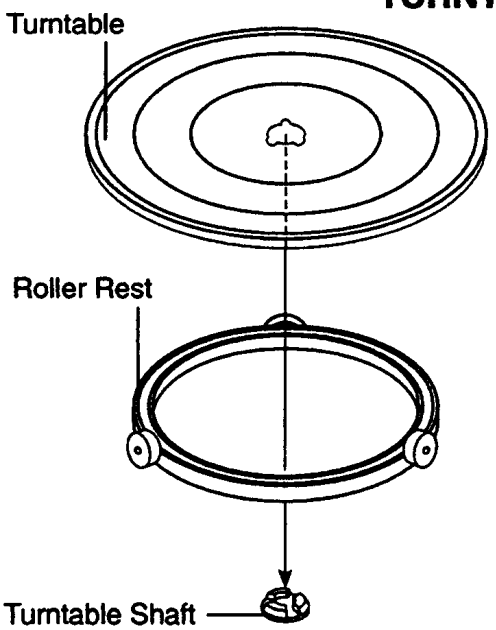
OVEN PARTS AND ACCESSORIES

Your oven is supplied with the following accessories:

Turntable	1	Instruction manual	1
Turntable roller rest	1	Cook book	1
Metal rack	2	Drip tray	1



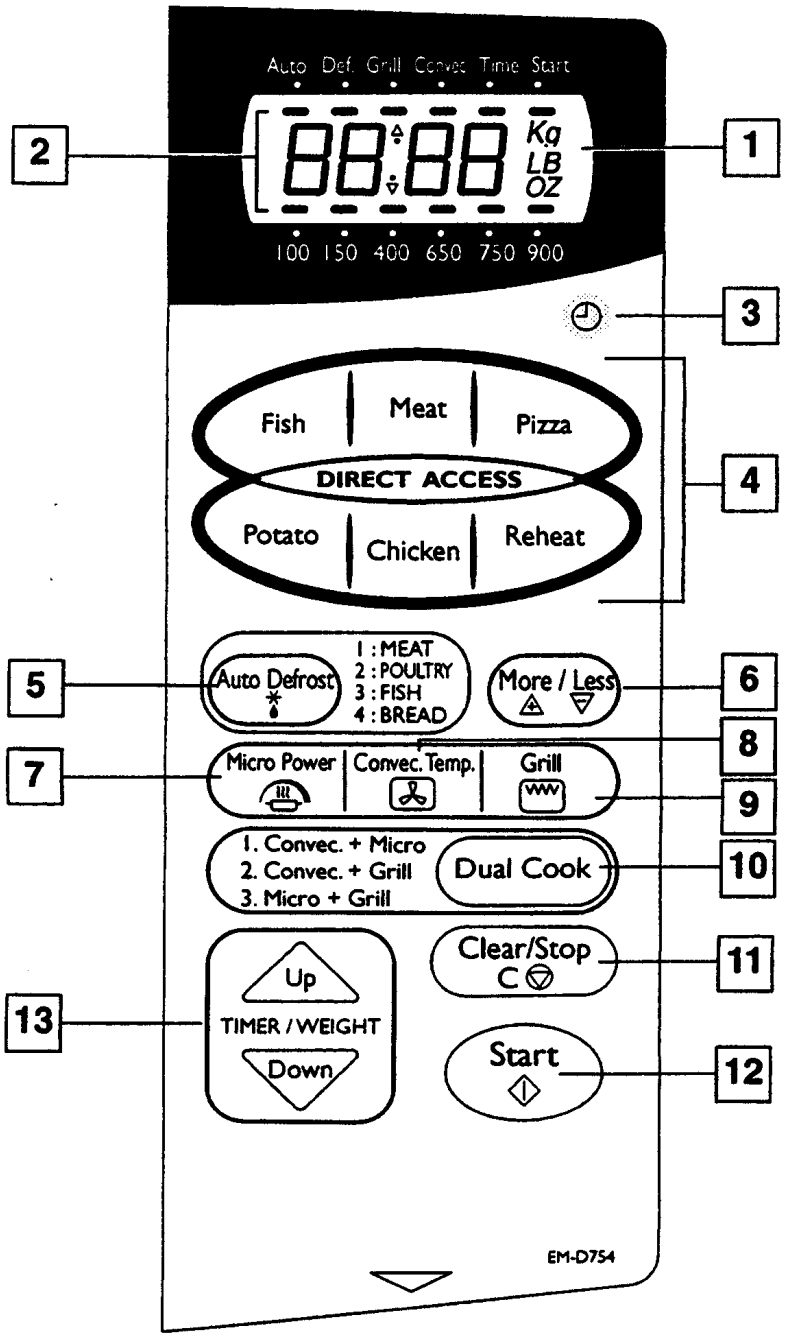
TURNTABLE INSTALLATION



1. Place the roller rest on the cavity bottom.
2. Place the turntable on top of the roller rest as shown in the diagram. Make sure the turntable hub is securely locked in the turntable shaft. **Never place the turntable upside down.**

- Both turntable and roller rest must always be used during cooking.
- All food and containers of food are always placed on this turntable for cooking.
- This turntable rotates clockwise and anticlockwise; this is normal.
- This turntable returns to its original starting position when cooking is finished.

OVEN CONTROL PANEL



1. DISPLAY WINDOW.

2. INDICATORS:

Auto / Def. / Grill / Convec. - Cooking mode indicators.

Time / Start / Kg - A flashing indicator that prompts you to enter the desired cooking time, start the oven, or enter food weight.

100, 150, 400, 650, 750, 900 - Power level indicators.

KEYS:

3. Clock Set.

4. Direct Access menu keypad.

5. Auto Defrost.

6. More / Less key:- Allows you to slightly increase or decrease cooking time of automatic programs.

7. Micro Power.

8. Convection Temperature.

9. Grill.

10. Dual Cook.

11. Clear / Stop.

12. Start.

13. Time and Weight set.

SETTING THE CLOCK

When your oven is plugged in for the first time or when power resumes after a power interruption, the numbers in the display reset to **0:00**.
To set the clock follow adjacent procedure.

Example: To set 4:30:

1.		Touch "**Clear / Stop**".
2.		Touch "**Clock**" Key.
3.		Touch "**Down / Up**" until **4:** is indicated in the display window.
4.		Touch "**Clock**" Key.
5.		Touch "**Down / Up**" until **4:30** is indicated in the display window.
6.		Touch "**Clock**" Key to lock in the time and start the clock running.

SUITABLE COOKWARE

MATERIAL	MICROWAVE	GRILL / THERMAL GRILL ONLY	CONVECTION ONLY
Turntable	Yes	Yes	Yes
Metal Racks	No	Yes	Yes
Metal Drip Tray	No	Yes	Yes
Heat Resistant Ceramic & Glass e.g Pyrex, Corningware, Fire King.	Yes	Yes	Yes
China - Without Metal Decoration.	Yes	Yes	Yes
Plastic- microwave proof cookware.	Yes	No	No
Plastic cling film, microwave wrap, microwave roasting bags. (Do not use metal twist ties.)	Yes - With care. Pierce film. Do not fit film skin tight.Do not allow film to touch food.	No	No
Metal Cookware e.g baking tins, trays	No	Yes	Yes
Aluminum Foil	Yes - With care. Small pieces may be used for shielding. Over use may cause arcing.	Yes	Yes
Paper Greaseproof paper, Kitchen Paper, plates or cups.	Yes - With care. Paper may be used to absorb moisture or fat. Overheating could cause fire.	No	Yes - With care. Greaseproof paper may be used to line dishes.
Wood / Straw	Yes - With care. For warming food for a very short time only.	No	No

SUITABLE COOKWARE (CONT.)

MATERIAL	DUAL COOKING GRILL & MICROWAVE	DUAL COOKING CONVECTION & MICROWAVE	DUAL COOKING CONVECTION & GRILL
Turntable	Yes	Yes	Yes
Metal Racks	Yes	Yes	Yes
Metal Drip Tray	Yes	Yes	Yes
Heat Resistant Ceramic & Glass e.g Pyrex, Corningware, Fire King.	Yes	Yes	Yes
China - Without Metal Decoration.	Yes	Yes	Yes
Plastic- microwave proof cookware.	No	No	No
Plastic cling film, microwave wrap, microwave roasting bags. (Do not use metal twist ties.)	No	No	No
Metal Cookware e.g baking tins, trays	Yes - With care. Do not place metal cookware on metal racks or on metal drip tray.	Yes - With care. Do not place metal cookware on metal racks or on metal drip tray.	Yes
Aluminum Foil	Yes - With care. Small pieces may be used for shielding. Over use may cause arcing.	Yes - With care. Small pieces may be used for shielding. Over use may cause arcing.	Yes
Paper Greaseproof paper Kitchen Paper, plates or cups.	No	Yes - With care. Greaseproof paper may be used to line dishes.	No
Wood / Straw	No	No	No

CHILD LOCK-OUT / DEMONSTRATION MODE

This oven has a safety feature which prevents the accidental running of the oven by a child.

Note:
After the child lock has been set, the oven will appear to operate normally if the keys are pressed. However the oven will produce NO actual microwave power.

Demonstration Mode:
When in child lock mode, you can work through the cooking procedures without the microwave oven operating.

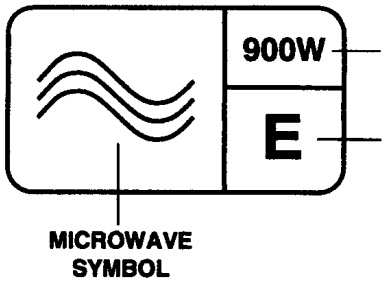
To cancel Child Lock / Demonstration Mode simply repeat setting procedure. Indicator **L** disappears and clock display reappears.

To set:

1.	Clear/Stop C	Touch "**Clear / Stop**".
2.		Touch "**Clock**" Key.
3.	Up / TIMER / WEIGHT / Down	Touch "**Down / Up**" until **11:** is indicated in the display window.
4.		Touch "**Clock**" Key.
5.	Up / TIMER / WEIGHT / Down	Touch "**Down / Up**" until **11:11** is indicated in the display window.
6.	Start	Touch "**Start**" Key. Indicator **L** lights up and clock display reappears.

MAFF RATING

Explanation of the heating category label for microwave ovens and small packs of food (up to 500g / 1lb 2oz, typical of ready meals for 1 or 2 people) as agreed by MAFF (the Ministry of Agriculture, Fisheries and Food) in conjunction with food and microwave oven manufacturers.



The microwave power output of the oven in watts,based on an international agreed standard (IEC 705).

This letter represents the heating category of the oven to be used when microwaving small food packs.

oven heating catergory		power output	
B	**D**	**650W**	**750W**
6	**5**	**6**	**5**
m i n u t e s		m i n u t e s	

Always follow instructions found on food packaging. The higher the power output and heating category of the oven, the less heating time is required.

Always ensure that food is piping hot before serving.

QUICK REFERENCE GUIDE TO 7 WAY COOKING

COOKING MODE	ACCESSORIES TO USE	SUGGESTED USE
Microwave Only 100, 150, 400, 650, 750 & 900W.	Place dish directly on turntable. Place dish on low rack for optimum defrost results.	Defrosting, reheating, cooking vegetables, rice, pasta, fish, casserole, sponge puddings.
Grill Only (1 Setting)	Place high rack on turntable.	For toasting bread, muffins etc.
Thermal Grill (1 Setting)	Place high rack on metal drip tray on turntable.	For cooking small chops, sausages, fish fingers etc.
Convection Only (40 - 250°C)	Place dish directly on turntable or on low rack.	For cooking meringues, biscuits, scones, bread, Yorkshire Puddings, pastry items e.g pies, tarts etc.
Thermal Grill & 100, 150, 400, 650W Microwave.	Place high or low rack on metal drip tray on turntable.	For faster cooking of traditionally grilled foods e.g chops, sausages, chicken pieces etc.
Convection & Microwave (Variable combinations of convection temperature and microwave power.) 100 - 250°C convec. + 100, 150, 400, 650W micro.	Place dish directly on turntable or on low rack.	For faster cooking of many traditionally baked foods e.g baked potatoes,pizza, roast poultry / joints, roast potatoes, some cakes, au gratin dishes, frozen crispy crumb convenience foods. For crisp reheating of pastry items.
Convection with Grill (210 - 250°C)	Place metal drip tray on high rack.	For fast cooking and crisping of small items e.g frozen potato products, fish fingers, chicken nuggets etc.

HIGH AND VARIABLE POWER COOKING

This basic microwave cooking method allows you to cook food for a desired time. In addition to the maximum power level, you can select different microwave power from 5 other levels, **100W** to **750W** for the foods that require slower cooking.

Foods with high moisture content should be cooked on maximum power, as this is the fastest cooking method and best maintains the natural flavour and texture of the foods.

Manual Defrosting

For manual defrosting (without using Auto Defrost features), use **150W**. To speed up the defrosting of dense foods over 450g (1lb), the oven may start on full power for **1-3 minutes,** then be reduced to **150W** until defrosting is complete.

NOTE:
The time increments for the **Up / Down** keys are as follows:

TIME	INCREMENT
0-5 min.	15 secs.
5-10 min.	30 secs.
10-30 min.	1 min.
30-90 min.	5 min.

Example: To cook at 650W for 1 min 30 secs

1.

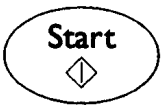
Touch "**Clear / Stop**".

2.

Touch "**Power**" Key 3 times. The indicator above 650 lights up and the time prompt flashes.

3.

Touch "**Down / Up**" until **1.30** is indicated in the display window. The Start prompt flashes.

4. 

Touch "**Start**".

To set the variable cooking levels the Power key should be touched as follows:

900W	**ONCE**
750W	**2 TIMES**
650W	**3 TIMES**
400W	**4 TIMES**
150W	**5 TIMES**
100W	**6 TIMES**

POWER SETTING	SUGGESTED USE
100 W	Softening cream cheese.
150 W	Keeping foods warm, defrosting.
400W	Completing the cooking cycle of pot roasts. Completing the cooking cycle of some casserole and stews. Baked custards and cheese cakes.
650 W	Roasting meats.
750 W	Baking cakes. Reheating precooked foods.
900 W	Boiling liquids. Baking fish, vegetables.

GRILL COOKING

Grill 1

This method is ideal for toasting bread or muffins. Remember the oven will be hot. Place all food on high grilling rack.
Grill cooking time can be set to a maximum of 90 minutes.

Example: Set oven to Grill for 15 minutes.

1.

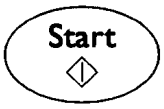
Touch "**Clear / Stop**".

2.

Touch "**Grill**" key once. 1 is indicated. The Grill indicator lights up and the time prompt flashes.

3.

Touch "**Down/Up**" until **15.00** is indicated in the display window. The Start prompt flashes.

4. 

Touch "**Start**".

THERMAL GRILL COOKING

Grill 2

During thermal grill cooking, both fan and grill element operate together to circulate hot air around the food to assist the cooking process.

This method is ideal for small items such as sausages which you would usually grill. Place food on the high grill rack on the metal drip tray. Do not use thermal grill for toasting bread as the result will be rather dry. The grill cooking time can be set to a maximum of 90 minutes.

Example: Set oven to Thermal Grill for 15 minutes.

1.

Touch "**Clear / Stop**".

2.

Touch "**Grill**" key twice. 2 is indicated. The Grill indicator lights up and the time prompt flashes.

3.

Touch "**Down/Up**" until **15.00** is indicated in the display window. The Start prompt flashes.

4.

Touch "**Start**".

CONVECTION COOKING

This oven can be used as a conventional oven by using the fan assisted convection function. The temperature range is 40 - 250°C.

Best results are obtained if the oven is preheated first.

Note:
If the cooking is not started immediately after preheating, the preheated oven temperature will continue to flash in the display and the temperature will be maintained for 15 minutes. The oven cannot be preheated to 40°C.

Convection cooking is ideal for cooking meringues, biscuits, scones, bread, Yorkshire puddings, large fruit cakes and all pastries. It can also be used for proving bread at 40°C. The convection cooking time can be set for a maximum of 90 minutes.

Place heatproof cookware directly on the low rack. As previously stated best results are obtained if the oven is preheated before convection cooking. However it is possible to begin convection cooking without preheating, ie for proving bread at 40°C. Simply omit steps **3.** and **4.**

As there is no microwave energy being used you can place metal tins directly onto the metal racks with no danger of arcing.

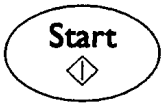
Example: Set oven to Preheat to 200°C.
(The oven is preheated before the food is added)

1.

Touch "**Clear / Stop**".

2.

Touch "**Convection Temperature**" key twelve times. The Convection indicator lights up and 200°C is displayed.

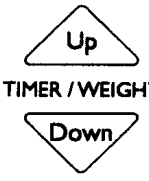
3. 

Touch "**Start**". The oven will now preheat. When the correct temperature is reached the oven will beep 3 times and 200°C will flash in the display. You may now set the convection cooking time as below and begin cooking.

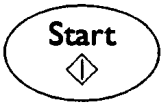
Example: To then set the preheated oven to cook using Convection for 15 minutes, at 200°C.

4.

Touch "**Clear / Stop**", once. 200°C shows in display place food on the low rack in the oven.

5. 

Touch "**Down/Up**" until **15.00** is indicated in the display window. The Start prompt flashes.

6. 

Touch "**Start**".

DUAL COOKING

This oven offers you a choice of three methods of Dual cooking;
1. Convection + Microwave - For baking and roasting.
2. Thermal Grill + Convection - For fast crisping.
3. Thermal Grill + Microwave - For fast grilling.

Convection + Microwave

This function allows you to combine convection operation (100°C - 250°C) with any one of the four (100W, 150W, 400W, 650W) microwave power levels to produce traditional baked or roasted results in less time. This function has many uses, particularly roasting meat and poultry, cooking pizza, baked potatoes, roast potatoes, baking some cakes, frozen and crispy crumb foods and reheating pastries.

When cooking with dual convection + microwave it is not necessary to preheat the oven.

Food should be placed on the low rack or on the turntable.

Do **NOT** place metal cookware directly on the low rack when using this function as arcing may occur.

The Dual Convection + Microwave function can be set for a maximum of 90 minutes.

Example: Set oven to Dual Convection + Microwave for 15 minutes, at 220°C and 650W microwave power.

1.

Touch "**Clear / Stop**".

2.

Touch "**Dual Cook**" key once. The Convection and 650W microwave power indicators light up. 200°C is displayed and the time prompt flashes.

3.

Touch "**Convection Temperature**" key twice. 220°C is displayed and the time prompt flashes.

4.

Touch "**Down/Up**" until **15.00** is indicated in the display window. The Start prompt flashes.

5.

Touch "**Start**".

DUAL COOKING (CONT.)

Thermal Grill with Convection

This function allows you to combine convection operation with the thermal grill, and is ideal for cooking small foods which require crisping e.g frozen potato products such as oven chips, potato croquettes or waffles, fish fingers, chicken nuggets, beefburgers and sausages.

Food should be placed on the high rack which is on the turntable. Alternatively food maybe placed on the metal drip tray on the high rack.

The Dual Convection + Thermal Grill function can be set for a maximum of 90 minutes.

Example: Set oven to Dual Thermal Grill with Convection for 15 minutes, at 230°C.

1.

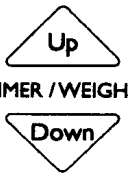
Touch "**Clear / Stop**".

2.

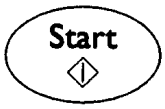
Touch "**Dual Cook**" key twice. The Thermal Grill and Convection indicators light up. 210°C is displayed and the time prompt flashes.

3.

Touch "**Convection Temperature**" key twice. 230°C is displayed and the time prompt flashes.

4. 

Touch "**Down/Up**" until **15.00** is indicated in the display window. The Start prompt flashes.

5. 

Touch "**Start**".

Thermal Grill + Microwave

This oven has four settings:
Thermal Grill + 100W
Thermal Grill + 150W
Thermal Grill + 400W
Thermal Grill + 650W

This function allows you to combine the speed of a microwave with the browning and crisping of a grill. Ideal for all foods that would usually be grilled e.g sausages, chops, chicken pieces etc.

The Dual Thermal Grill + Microwave function can be set for a maximum of 90 minutes.

Example: Set oven to Dual Thermal Grill with Microwave for 15 minutes, at 150W microwave power.

1.

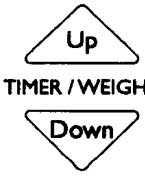
Touch "**Clear / Stop**".

2.

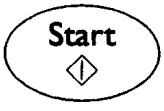
Touch "**Dual Cook**" key three times. The Thermal Grill and 650W Microwave power indicators light up. 2 is displayed and the time prompt flashes.

3.

Touch "**Micro Power**" key twice. 150W is indicated and the time prompt flashes.

4. 

Touch "**Down/Up**" until **15.00** is indicated in the display window. The Start prompt flashes.

5. 

Touch "**Start**".

MULTI-STAGE COOKING

Multi stage cooking is ideal for sequential cooking. It allows you to cook at different power levels and with different cooking modes for a set time.

Up to three stages may be set.

All the stages should be set before starting the oven.

The following table shows the combinations possible when cooking with multi-stages:

1st	2nd	3rd
Micro	Micro	Micro
Micro	Micro	-
Micro	Micro	Grill
Micro	Micro	Thermal grill
Micro	Micro	Convection
Micro	Micro	Dual
Micro	Grill	-
Micro	Thermal grill	-
Micro	Convection	-
Micro	Dual	-

NOTE:
Dual cook - This is microwave with grill or convection at the same time, or convection with grill at the same time.

After grill, thermal grill, convection or dual cooking it is NOT possible to set microwave.

For three stage cooking, follow same procedure as shown, simply insert third stage at step 5, then press start.

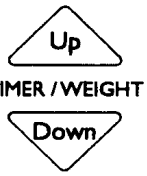
Example: To set the oven to microwave on 650W for 10 minutes, and then Grill for 5 minutes.

1.

Touch "**Clear / Stop**".

2.

Touch "**Power**" key **3** times. The indicator above the **650W** lights up and the Time prompt flashes.

3. 

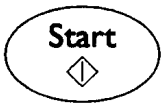
Touch the "**Down / Up**" until **10.00** appears in the display window. The Start prompt flashes.

4.

Touch "**Grill**" key once. The Grill indicator lights up, 1 is displayed and the time prompt flashes.

5.

Touch the "**Down / Up**" until **5.00** appears in the display window. The Start prompt flashes.

6. 

Touch "**Start**".

AUTO WEIGHT DEFROST

This feature allows you to accurately defrost meat, poultry, fish or bread. Simply enter the weight of the food and the oven will select the correct defrosting time.
An adjust +/- key may be used to increase or decrease the defrosting time as necessary.

The chart below indicates the maximum / minimum weights for use with Auto Weight Defrost Programs;

Defrost Program	Min. Weight	Max. Weight
1. Meat	0.1 kg	2.0 kg
2. Poultry	0.1 kg	2.0 kg
3. Fish	100g	1000g
4. Bread	100g	900g

On page 21 are some hints and tips for getting the best performance from these programs, however always refer to the Auto Weight Defrost Chart for full details.

Important: WHEN USING FOIL FOR SHIELDING IT IS IMPORTANT THAT THE FOIL DOES NOT TOUCH THE WALLS OF THE OVEN.

Auto Weight Defrosting chart appears on pages 22-23.

Defrost Program		
Meat	=	**DEF 1**
Poultry	=	**DEF 2**
Fish	=	**DEF 3**
Bread	=	**DEF 4**

Example: To Defrost a 1.0 Kg Chicken using adjust "+"

1.

Touch "**Clear / Stop**".

2.

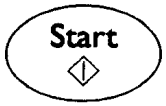
Touch "**Auto Defrost**" twice to select Poultry Defrost. The word "**DEF 2**" appears in the display window and the indicators below Auto and Def light up.
The weight prompt flashes.

3.

Touch "**Down / Up**" until **1.0 Kg** is indicated in the display window.

4.

Touch "**More**" key to increase defrosting time as desired. A Δ is indicated in the display window and the Start prompt flashes.

5. 

Touch "**Start**".

6. **PAUSE**
The Auto Weight Defrost programs have a built-in pause function to allow for checking and rearranging of food. On commencing Auto Weight Defrosting the time for the **first defrost period** will countdown in the display.
At the pause rearrange the food as recommended in the defrost table, close the door and press "**Start**". The defrost time for the **second defrost period** will countdown in the display.
If you do not open the door at the pause, the oven will restart after approximately 2 minutes and commences the second defrost period.

AUTO WEIGHT DEFROST - HINTS & TIPS FOR BEST RESULTS

1. MEAT:

For defrosting meat joints, minced meat, chops, steaks etc.

Meat Joints - Use of **Adjust +** is recommended.

To prevent over defrosting meat joints will require shielding around fatty areas with a smooth piece of foil. Joints will require at least 40 minutes standing time after defrosting to ensure that the centre is thoroughly defrosted, large joints will require longer standing times.

Steaks / Chops - **Adjust key** is not usually required.

Particularly delicate outer areas of steaks / chops may require shielding with smooth foil.

Minced or Cubed meat. Use of **Adjust -** is recommended.

Minced or Cubed meat should be broken up as soon as possible and any defrosted parts removed.

Sausages / Spare Ribs / Bacon - Use **Adjust -** recommended for these delicate meats.

Chops / sausages etc should be arranged in a single layer, and turned / rearranged at the pause. Most meats, with the exception of joints will require a standing time of at least 15 minutes.

2. POULTRY:

For defrosting whole poultry and poultry pieces.

Whole Poultry - Use of **Adjust +** is recommended.

Shielding of thin leg and wing areas and back bone is recommended. Begin defrosting breast side down and turnover at the pause. Whole poultry will require a standing time of at least 40 minutes to ensure that the centre is defrosted, large poultry will require longer standing times.

Chicken Pieces - **Adjust key** is not usually required.

Particularly delicate or thin parts may require shielding with smooth foil. Arrange pieces with the thicker parts to the outside and rearrange at the pause.

3. FISH:

For defrosting all types of fish.

Fillets - **Adjust key** is not usually required.

Whole Fish / Fish Steaks / Prawns - Use of **Adjust -** is recommended for these more delicate types of fish. Arrange fish in single layer, overlap thin areas and shield delicate areas such as heads and tails with small, smooth pieces of foil. (It is important that this foil does not touch the oven side.) Rearrange fish at the pause. Allow standing time of at least 10 minutes.

4. BREAD

For defrosting small bread items e.g rolls, bun and slices required for immediate use.

Remove all packaging and place the bread on a plate, at the pause it is very important to separate the rolls / slices (a knife may be useful). Rearrange with the most frozen parts to the outside, remove any defrosted pieces. (When rearranging slices it is vital to ensure that the turntable can still turn.)

Note that immediately after defrosting bread may feel warm. Allow 5-10 mins standing time. The defrosting process can be speeded up by cutting rolls in half as soon as possible.

Loaves may be defrosted using **Adjust +**, at least 15 mins standing time will be required. Begin defrosting whole loaves on their side, cut in half and turn over at the pause. It is important to cut whole loaves on their side, cut in half or into slices as soon as possible to speed up the defrosting process.

This program is not suitable for defrosting cakes, gateaux or cheesen cakes.

AUTO WEIGHT DEFROST CHART

Remove all packaging and place the food on a microwavesafe plate on the turntable.
For best results follow the recommendations below.

FOOD	MORE / LESS KEY	PREPARATION	PAUSE DIRECTIONS	STANDING TIME
1. MEAT				
Meat Joint	+ (MORE)	Shield back fat and any thin areas with smooth foil. Begin defrosting best side down.	Turnover and remove foil from back fat. Leave foil on warm, thin or delicate areas	Min 40 mins.
Chops / Steaks	NO	If frozen in a block separate as soon as possible. Arrange in a single layer with thin ends of chops to the centre. Shield any delicate or thin outer areas with small pieces of smooth foil.	Turnover, rearrange and remove foil.	15 mins.
Minced / Cubed Meat	- (LESS)	Break apart as soon as possible.	Break apart and remove any defrosted parts.	15 mins.
Sausages / Spare Ribs / Bacon	- (LESS)	Arrange in a single layer. Separate as soon as possible.	Separate and rearrange. Remove any defrosted parts.	15 mins.
2. POULTRY				
Whole Poultry	+ (MORE)	Shield thin leg, wing areas and back bone. Begin defrosting breast side down.	Turnover and remove foil. Leave foil on any warm, thin or delicate areas.	Min 40 mins.
Poultry Pieces	NO	Shield thin areas. Arrange in a single layer with thicker parts to the outside.	Turnover, rearrange and remove foil.	15 mins.
3. FISH				
Fillets	NO	Arrange in an even layer. If frozen in a block separate as soon as possible. Overlap thin areas.	Turnover and rearrange.	10 mins.
Steaks	- (LESS)	Arrange in an even layer with thicker parts to the outside, shield outer edges of steaks with smooth pieces of foil.	Turnover and remove foil.	10 mins.
Whole	- (LESS)	If more than one fish arrange head to tail. Shield ends with smooth pieces of foil.	Turnover and remove foil.	10 mins.
Prawns	- (LESS)	Arrange in an even layer.	Stir.	10 mins.

AUTO WEIGHT DEFROST CHART (CONT.)

FOOD	MORE / LESS KEY	PREPARATION	PAUSE DIRECTIONS	STANDING TIME
4. BREAD				
Whole Loaf	+ (MORE)	Place loaf on its side.	Cut in half if possible and turn over.	15 mins.
Rolls / Slices	NO	Arrange evenly on plate.	Separate and rearrange with frozen parts to the outside. Remove any defrosted pieces.	10 mins.
Croissants / Crumpets	- (LESS)	Arrange evenly on plate.	Separate and rearrange with frozen parts to the outside. Remove any defrosted pieces.	10 mins.

DIRECT ACCESS (BY WEIGHT)

The Direct Access Cooking feature allows you to simply and accurately cook or reheat a range of foods. Your oven offers the following Direct Access programs:

Fish	Meat	Pizza
Potato	Chicken	Reheat

Operation is very easy, simply select the appropriate program, enter the weight of the food and press **"Start"**. The oven will automatically select the appropriate cooking time and cooking mode for that food.

The **"More / Less"** key can be used to adjust the end cooked results to personal taste.

Please follow the guidelines in the information chart.

PAUSE

Please be aware that the Roast Potatoes, Roast Meat Joint - Beef, Pork and Lamb programs all have a built-in pause.
On commencing cooking with any of these programs, the time for the **first cooking period** will countdown in the display. At the pause turnover etc. as recommended in the Direct Access Cooking Chart close the door and press "**Start**". The cooking time for the **second defrost period** will countdown in the display.

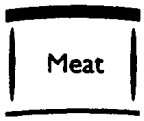
VERY IMPORTANT

For best results, please follow the guidelines in the Direct Access cooking chart on pages 25-27

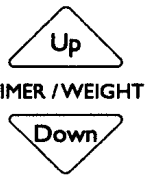
Example: To cook a Pork Joint, by Direct Access

1.

Touch "**Clear / Stop**".

2. 

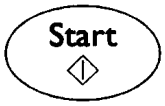
Touch "**Meat**" key twice to select "Pork Joint". **"2"** is displayed. Place meat best (fat) side down on the low rack on the drip tray on the turntable.

3. 

Touch "**Down / Up**" key, to enter weight of food.

4.

Touch "**More / Less**" key if required.

5. 

Touch "**Start**". At the pause turnover etc. as recommended. Close the door and press "**Start**".

Choose the required food category by touching the appropriate key several times as detailed below.
Please take note of the minimum and maximum food weights which you may use.
Note 0 kg can be selected, but the oven will not operate.

Direct Access Programs	Press key	Program No.	Food Category	Cooking Mode**	Minimum weight of food	Maximum weight of food	Increment
Potato	1	1 =	Baked Potato	C / M	0.1 kg	1.7 kg	0.1 kg
	2	2 =	Potato Gratin	C / M	0.2 kg	1.9 kg	0.1 kg
	3	3 =	Roast Potatoes	C / M	0.2 kg	0.9 kg	0.1 kg
Chicken	1	1 =	Whole Chicken	C / M	0.8 kg	2.0 kg	0.1 kg
	2	2 =	Chicken Pieces	C / M	0.1 kg	1.0 kg	0.1 kg
Pizza	1	1 =	Frozen Pizza	C / M	100 g	600 g	50 g
	2	2 =	Fresh Pizza	C / M	100 g	600 g	50 g
Meat Joint	1	1 =	Beef	C / M	0.5 kg	2.0 kg	0.1 kg
	2	2 =	Pork	C / M	0.5 kg	2.0 kg	0.1 kg
	3	3 =	Lamb	C / M	0.5 kg	2.0 kg	0.1 kg
Reheat	1	1 =	Frozen	M	100 g	600 g	50 g
	2	2 =	Chilled	M	100 g	600 g	50 g
	3	3 =	Liquid	M	0.1 kg	1.0 kg	0.1 kg
Fish	1	1 =	Steamed	M	100 g	1000 g	50 g
	2	2 =	Baked	C / M	100 g	1000 g	50 g

** **NOTE**
C / M = Convection with microwave operation
M = Microwave only operation

DIRECT ACCESS COOKING CHART

PROGRAM	WEIGHT RANGE	COOKING PROCEDURE
POTATO		
1. BAKED POTATO For cooking medium sized baked potatoes. Each potato 0.2 - 0.25 kg.	0.1 - 1.7 kg	1. Wash and dry potatoes. Prick several times with a fork. Note the weight of the potatoes. 2. Place the potatoes around the edge of the low rack on the turntable. 3. Touch **"Potato"** once to select "1. Baked Potato", enter weight of food and press **"Start"**. Turnover halfway through cooking time if you wish. 4. After cooking allow to stand for 2 minutes.
2. POTATO GRATIN For cooking fresh home made potato gratin.	0.2 - 1.9 kg	Please refer to the recommended recipes on pg 28. Place the dish on the turntable.
3. ROAST POTATOES For cooking roast potatoes	0.2 - 0.9 kg	Please refer to the recommended recipes on pg 29. Place the dish on the low rack on the turntable.
CHICKEN		
1. ROAST WHOLE CHICKEN For roasting a whole, fresh chicken.	0.8 - 2.0 kg	1. Wash and dry chicken, ensure giblets are removed. Note weight of chicken. 2. Place chicken breast side up on the low rack on the metal drip tray on the turntable. Brush with melted butter or vegetable oil. Season. 3. Touch **"Chicken"** once to select "1. Whole Roast Chicken", enter weight and press **"Start"**. 4. After cooking allow the chicken to stand in foil for 10 - 15 minutes before serving. (A recommended recipe is given on pg 30)
2. CHICKEN PIECES For cooking roast chicken pieces e.g portions, drumsticks.	0.1 - 1.0 kg	1. Wash and dry chicken pieces. Note the weight. 2. Place chicken pieces skin side up on the low rack on the metal drip tray on the turntable. Arrange with the thicker parts to the outside. Brush with melted butter or vegetable oil. 3. Touch **"Chicken"** twice to select "2. Chicken Pieces", enter weight and press **"Start"**. (A recommended recipe is given on pg 30 - 31.)
PIZZA		
1. FROZEN PIZZA For cooking frozen purchased pizza. Adjust + for frozen deep pan pizzas.	0.1 - 0.6 kg	1. Remove all packaging and ensure topping is evenly spread. Note weight of pizza. 2. Place pizza on low rack on turntable. 3. Touch **"Pizza"** once to select "1. Frozen Pizza", enter weight and press **"Start"**.
2. FRESH PIZZA For cooking fresh purchased pizza.	0.1 - 0.6 kg	1. Remove all packaging and ensure topping is evenly spread. Note weight of pizza. 2. Place pizza on low rack on turntable. 3. Touch **"Pizza"** twice to select "2. Fresh Pizza", enter weight and press **"Start"**.

DIRECT ACCESS COOKING CHART

PROGRAM	WEIGHT RANGE	COOKING PROCEDURES
MEAT		
1. BEEF JOINT For cooking fresh joints of beef. Adjust + for a well done result. Adjust - for a more rare result.	0.5 - 2.0 kg	1. Wash and dry joint. Note weight. 2. Place joint with the best (fat) side down on the low rack on drip tray on turntable. Brush with melted butter or oil. 3. Touch **"Meat"** once to select "1. Roast Beef Joint", enter weight, press **"Start"**. 4. At the pause remove any excess liquid, turn the joint over and baste if you wish. Shield any over cooking areas with small smooth pieces of foil. 5. After cooking allow to stand in foil for 15 - 20 mins.
2. PORK JOINT For cooking fresh joints of pork. Adjust + for large leg or shoulder joints. No adjust required for loin joints.	0.5 - 2.0 kg	1. Wash and dry joint. Note weight. 2. Place joint with best (fat) side down on low rack on drip tray on turntable. Brush with melted butter or oil. 3. Touch **"Meat"** twice to select "2. Roast Pork Joint", enter weight, press **"Start"**. 4. At the pause remove any excess liquid, turn the joint over and baste if you wish. Shield any overcooking areas with small smooth pieces of foil. 5. After cooking allow to stand in foil for 15 - 20 minutes.
3. LAMB JOINT For cooking fresh joints of lamb. Adjust + for a well done result. Adjust - for a more rare result.	0.5 - 2.0 kg	1. Wash and dry joint. Note weight. 2. Place joint with best (fat) side down on low rack on drip tray on turntable. Brush with melted butter or oil. 3. Touch **"Meat"** three times to select "3. Roast Lamb Joint", enter weight, press **"Start"**. 4. At the pause remove any excess liquid, turn the joint over and baste if you wish. Shield any overcooking areas with small smooth pieces of foil. 5. After cooking allow to stand in foil for 15 - 20 minutes.
REHEAT		
1. FROZEN MEAL For reheating one purchased frozen savoury ready meal e.g in one or two part microwavesafe container or one or two bag meals Adjust + for compact foods e.g lasagna Adjust - for delicate foods e.g fish (This program is not recommended for reheating frozen puddings.)	0.1 - 0.6 kg	1. Remove outer packaging. Piece film lid or if there is no film lid cover with microwave wrap. For meals contained in bags make two small slits in the top of the bag. (It is not necessary to make slits in rice / pasta bags which are perforated.) 2. Place on a microwavesafe plate on the turntable. 3. Touch **"Reheat"** once to select "1. Frozen Meal", enter weight of food and press **"Start"**. **(When reheating two bag meals, remove the rice / pasta bag halfway through the cooking time.)** 4. After heating allow to stand for two minutes then shake or stir well before serving. **ENSURE FOOD IS PIPING HOT BEFORE SERVING.**

DIRECT ACCESS COOKING CHART

PROGRAM	WEIGHT RANGE	COOKING PROCEDURES
REHEAT (Continued)		
2. CHILLED MEAL For heating one purchased chilled ready meal. e.g in a microwavesafe container Adjust + for compact foods e.g lasagna Adjust - for delicate foods e.g fish or puddings	0.1 - 0.6 kg	1. Remove outer packaging. Pierce film lid or if there is no film lid cover with microwave wrap. 2. Place on a microwavesafe plate on the turntable. 3. Touch **"Reheat"** twice to select "2. Chilled Meal", enter weight of food and press **"Start"**. 4. After heating allow to stand for two minutes then shake or stir well before serving. **ENSURE FOOD IS PIPING HOT BEFORE SERVING.**
3. LIQUID For reheating soups, drinks, milk etc. Adjust + for soup No adjust for beverages, consommé style soups Adjust - milk.	0.1 - 0.6 kg	1. Note the total weight of the liquid to be heated. Place liquid into microwavesafe cups or bowl(s). For best results ensure that the liquid is evenly distributed between cups. Arrange cups evenly around edge of turntable. If reheating liquid in one large container, place this in the centre of the turntable. When heating soup cover with microwave wrap to avoid splatters. 2. Touch **"Reheat"** three times to select "3. Liquid", enter total weight of liquid and press **"Start"**. 3. After heating stir well.
FISH		
1. STEAMED FISH For cooking fresh, chilled fish e.g fillets, steaks, whole fish Adjust - for delicate fish e.g salmon steaks.	0.1 - 1.0 kg	1. Remove from packaging, wash and dry fish. Note weight. 2. Place fish in a microwavesafe dish with 2 - 3 tblsps of liquid e.g white wine, water or milk. Cover the dish with a lid or microwave wrap. 3. Touch **"Fish"** once to select "1. Steamed Fish", enter weight and press **"Start"**. (Please see recommended recipes on pg 32)
2. BAKED FISH For cooking fresh, chilled fish e.g fillets, steaks, whole fish & crispy coated fillets. Adjust + for very crispy fish Adjust - for delicate fish e.g salmon steaks	0.1 - 1.0 kg	1. Remove from packaging, wash and dry fish. Prepare as necessary e.g stuff etc. Note weight of prepared fish. 2. Place the fish in a dish on the low rack on the turntable. Dot with a little butter. (For a more crispy result e.g for breaded fillets, place the fish directly on the low rack on the drip tray on the turntable.) 3. Touch **"Fish"** twice to select "2. Baked Fish", enter weight and press **"Start"**. (Please see recommended recipes on pg 33)

DIRECT ACCESS RECIPES

Potato Programs

Potato Program 2 Potato Gratin
Recipe Details

Ingredients	1 Serving	2 Servings	4 Servings	6 Servings
Butter	2.5g	5g	10g	15g
Potatoes, peeled and thinly sliced.	150g	300g	600g	900g
Onion, peeled and finely chopped	1/4 onion	1/2 onion	1 onion	1 1/2 onions
Streaky Bacon, chopped	1/2 rasher	1 rasher	2 rashers	3 rashers
Single Cream	50 mls	100 mls	200 mls	300 mls
Grated Cheese	25g	50 g	100g	150g
Salt and Pepper	to taste	to taste	to taste	to taste
Tomato Slices	a few	a few	a few	a few
Parsley, chopped	a little	a little	a little	a little
Approx. Total Weight of Food (excluding dish)	0.3 kg	0.5 kg	1.1 kg	1.6 kg

Suggested Cookware

Microwave safe, heatproof shallow casserole or deep flan dish e.g Pyrex.

Method

1. Use some of the butter to grease the inside of the dish.

Quantity	Dish size
1 serving	1.0 l dish (10-15cm dia.)
2 servings	1.5 l dish (15-20cm dia.)
4 servings	1.5 - 2.5 l dish (20-25cm dia.)
6 servings (Use of Adjust + recommended)	2.5 - 3.5 l dish (25cm dia.)

2. Place half of the potato slices in the dish, add the onion, bacon and half of the cheese. Place the remaining potatoes on the top.
3. Pour over the cream and sprinkle on the remaining cheese. Dot with any remaining butter.
4. Place the dish on the turntable.
5. Touch **"Potato"** twice to select Potato Gratin. Enter the weight of the potato gratin (excluding the dish).
   A guide to the approximate food weight obtained if the recommended recipes are used is given above. Select **Adjust +** for a more well done finish, (particularly for the 4 and 6 serving sizes)
6. After cooking garnish with chopped parsley and tomato slices.

DIRECT ACCESS RECIPES

Potato Program 3 Roast Potatoes
Recipe Details

Ingredients	Serves 2	Serves 4	Serves 6
Medium sized potatoes, peeled and quartered.	300 g	500 g	800 g
Vegetable oil	15 mls / 1 tblsp	30 mls / 2 tblsps	45 mls / 3 tblsps
Butter, cut into small pieces	15 g	25 g	35 g

Suggested Cookware

A shallow microwave safe and heatproof dish e.g Pyrex flan dish. Place on low rack on turntable.

Method

1. Dry the potatoes thoroughly. Place in the dish with the oil and butter. Turn the potatoes in the oil in the dish so well covered.
2. Place the dish on the low rack on the turntable. Touch **"Potato"** three times to select Roast Potato program and enter the weight of the potatoes. Press **"Start"**.
3. At the pause quickly turn the potatoes over. Take care as the dish will be very hot. After cooking serve immediately.

DIRECT ACCESS RECIPES

Chicken Programs

Choice of 2 programs

The Chicken program offers a choice of 2 programs for cooking either a whole chicken or pieces of chicken.
All recipes are for about 4 servings and are detailed on pgs 30 - 31.

Program 1. Roast Whole Chicken

For cooking an unstuffed whole chicken.

Recommended recipe for;
Traditional Roast Chicken - Pg 30

Program 2. Chicken Pieces

For cooking chicken wings, thighs, drumsticks, etc.

Recommended recipes for;
Chinese Style Chicken Drumsticks - Pg 30
Barbecue Style Chicken - Pg 31
Tandoori Chicken - Pg 31

Chicken Program 1. Roast Whole Chicken: Traditional Roast Chicken

Ingredients

1.1 - 1.4 kg whole chicken, washed, without giblets.

Marinade

25 g / 1 oz butter, melted
1 onion peeled, whole
1 lemon wedge
Streaky bacon rashers (optional)

Suggested Cookware

Low circular rack on drip tray on turntable.

Method

1. Place peeled onion & lemon wedge in body cavity. Brush chicken with melted butter. Place bacon rashers over breast.

2. Place chicken breast side up on low rack on the drip tray, on the turntable. Touch **"Chicken"** once to select Roast Whole Chicken. Enter the weight of the prepared chicken and press **"Start"**.

3. Remove from oven, and stand for 10 - 15 minutes.

Chicken Program 2. Chicken Pieces: Spicy Chinese Chicken Drumsticks

Ingredients

600 - 800g chicken drumsticks

Marinade

2 tbsp / 30ml dark soy sauce
2 tsp / 10ml grated ginger
2 cloves garlic, crushed
1 tbsp / 15ml rice wine or chinese wine
1 tbsp / 15ml honey
1 tsp / 5ml five-spice powder
1 tsp / 5ml sesame oil
1/2 tsp / 2.5 ml chilli powder

Suggested Cookware

Circular low rack on drip tray on turntable.

Method

1. Combine marinade ingredients in a bowl. Add chicken drumsticks and marinate for 2 hours.

2. Place chicken on the low rack on drip tray on turntable.

3. Touch **"Chicken"** twice to select Chicken Pieces. Press **"Adjust Less"** and enter weight of chicken. Press **"Start"**.

4. Remove from oven.

Chicken Program 2. Chicken Pieces: Barbecue Style Chicken Drumsticks

Ingredients

600 - 800g chicken pieces (thighs or drumsticks)

Marinade

2 tbsp / 30ml tomato ketchup
1 tbsp / 15ml clear honey
2 tsp / 10ml worcester sauce
dash of mustard

Cookware

Circular low rack on drip tray on turntable.

Method

1. Pierce chicken skin with a fork.
2. Combine marinade ingredients in a bowl. Add chicken pieces and marinate for 1 hour.
3. Place chicken pieces skin side up on low rack on the drip tray on the turntable. Brush with marinade. Touch **"Chicken"** twice to select Chicken Pieces. Press **"Adjust Less"**, enter weight of chicken. Press **"Start"**.
4. Remove from oven.

Chicken Program 2. Chicken Pieces: Tandoori Chicken

Ingredients

600 - 800g chicken breasts, skinless

Marinade

300mls / 1/2 pint plain yogurt
3 tsps / 15mls garam masala
2 tsps / 10mls paprika
1 tsp / 5mls ground ginger
1/2 tsp / 2.5mls each chilli powder and turmeric

(Alternatively a bought tandoori marinade may be used, and chicken prepared in the same way).

Cookware

Circular low rack on drip tray on turntable.

Method

1. Make a few slashes in the flesh of the chicken.
2. Combine marinade ingredients in a bowl. Add chicken breasts and marinate for 4 hours or overnight in the refrigerator.
3. Place chicken breasts on low rack on drip tray on the turntable. Touch **"Chicken"** twice to select Chicken Pieces. Enter weight of chicken and press **"Start"**.
4. Remove from oven.

DIRECT ACCESS RECIPES (CONT.)

Fish Programs

The fish program offers a choice of 2 programs for cooking baked or steamed fish.

All recipes are detailed in pages 32 - 34

Fish Program 1. Steamed Fish
Recommend recipes for;
Steamed White Fish - Pg 32
Salmon Steaks - Pg 32

Fish Program 2. Baked Fish
Recommend recipes for;
Trout with Almonds - Pg 33
Stuffed Baked Fish - Pg 33

Fish Program 1. Steamed Fish: Steamed White Fish

Ingredients
450g / 1lb white fish fillets or steaks
2 - 3 tblsps / 30-45 mls white wine / milk / water or lemon juice

Cookware
Microwave-safe shallow dish.

Method
1. Wash and dry the fish.
2. Arrange the fish in the dish.
   (Overlap thin ends of fillets and roll very thin fillets to avoid overcooking. Arrange fish steaks in a circle with the thicker parts to the outside.)
   Sprinkle with wine, milk, or lemon juice.
3. Cover dish with microwave wrap or a lid and place on turntable. Touch **"Fish"** once to select Steamed Fish, enter weight of fish, and press **"Start"**.
4. Stand covered for 2 minutes after cooking.

Fish Program 1. Steamed Fish: Salmon Steaks

Ingredients
4 salmon steaks
(approx. 150g / 6oz each)
salt and freshly ground black pepper
2 tbsps / 30mls white wine
2 tbsps / 30mls lemon juice
12 1/2 g / 1/2oz butter

Cookware
Microwave-safe shallow dish.

Method
1. Wash and dry the salmon steaks.
2. Arrange the salmon steaks in a circle in the dish with the thickest parts to the outside. Sprinkle with wine, lemon juice, salt and pepper. Dot with butter.
3. Cover dish with microwave wrap oir a lid and place on turntable. Touch **"Fish"** once to select Steamed Fish. Press **"Adust Less"**, enter weight of fish and press **"Start"**.
4. Stand covered for 2 minutes after cooking. Garnish with lemon slices and dill. Serve with hollandaise sauce.

Fish Program 2. Baked Fish
Trout with Almonds

Ingredients

1 - 4 medium trout, washed and gutted
lemon juice
a few flaked almonds
butter
salt and pepper to taste

Cookware

Microwave safe heatproof dish.

Method

1. Place prepared fish in dish and sprinkle with lemon juice, flaked almonds, salt and pepper. Dot with butter.
2. Place uncovered dish on turntable and press **"Fish"** twice to select Baked Fish. Enter weight of fish and press **"Start"**.

Fish Program 2.Baked Fish
Stuffed Baked Fish

Ingredients

1 - 4 medium whole fish, washed and gutted
lemon juice
butter
salt and pepper to taste
1 quantity of stuffing (see recipes on next page)

Cookware

Microwave safe heatproof dish.

Method

1. Place stuffing into body cavity. Secure with cotton tied around fish (or secure with wooden cocktail sticks).
2. Place prepared fish in dish and sprinkle with lemon juice, salt and pepper. Dot with butter.
3. Place uncovered dish on turntable and press **"Fish"** twice to select Baked Fish. Enter weight of fish and press **"Start"**.
4. After cooking remove cotton and serve. (Note; Fish fillets maybe used in place of whole fish. Place stuffing on fillet and carefully roll up. Secure with cotton)

Stuffings for Baked Fish

The recipes below make sufficient stuffing for 3-4 medium whole fish.
Simply mix all the ingredients together well and bind with the milk.

Prawn Stuffing

100g / 4oz fresh white breadcrumbs
1 level tblsp finely chopped fresh parsley
(or 1/2 to 1 tsp dried)
1/2 tsp finely grated lemon rind
50g / 2oz peeled prawns, coarsely chopped
1/2 tsp salt
25g / 1oz melted butter
milk to bind

Orange and Herb Stuffing

1 small onion, very finely chopped or grated
finely grated rind and juice if 1 medium orange
2 level tblsps finely chopped parsley
(or 1 tsp dried)
1/2 tsp salt
25g / 1oz melted butter
milk to bind
100g / 4oz fresh white breadcrumbs

Apple and Herb Stuffing

100g / 4oz fresh white breadcrumbs
1 eating apple - peeled, cored and finely chopped
finely grated rind and juice of 1 lemon
2 level tsp finely chopped fresh parsley
(or 1 tsp dried)
25g / 1 oz melted butter
milk to bind

Celery and Tomato Stuffing

100g / 4oz fresh white breadcrumbs
2 level tblsps finely chopped celery
2 skinned and chopped tomatoes
1/2 tsp salt
dash of lemon juice
25g / 1oz melted butter
milk to bind

Lemon and Herb Stuffing

100g / 4oz fresh white breadcrumbs
1 level tblsp finely chopped fresh parsley
(or 1/2 tsp dried)
1 level tsp finely grated lemon rind
dash of lemon juice
1 level dstsp fresh thyme (or 1/2 tsp dried)
1/2 tsp salt
pinch of white pepper
25g / 1oz melted butter
milk to bind

QUESTIONS AND ANSWERS

OPERATION

Q. What is wrong when the oven light does not function?
A. Either:
- The door is not firmly closed.
  or:
- The light bulb has burned out.

Q. Why does steam come out of the air exhaust vent?
A. Steam is normally produced during cooking. The microwave oven has been designed to allow this steam to escape.

Q. Can the microwave oven be damaged if it is operated empty?
A. Yes. Never operate the oven while empty or without the turntable positioned correctly on the roller rest.

Q. Why does my oven produce smoke when I use grill, convection or dual cooking ?
A. Any dirt or grease that builds up on the walls and roof of the oven will begin to smoke if not cleaned. Therefore it is vital to wipe out your oven after cooking.

Q. Instructions for aluminium foil use are confusing. When should foil be used?
A. It should be used to shield portions of food from becoming overcooked or over defrosted. Use small flat pieces of foil for shielding.

Q. Why is standing time recommended after the cooking operation has been completed?
A. Standing time is very important. With microwave cooking, the heat is in the food,not in the oven. Many foods build-up enough internal heat to allow the cooking process to continue, even after the food is removed from the oven. Standing time for joints of meat, large vegetables and cakes is to allow the inside to cook completely, without overcooking the outside.

Q. Why do sparks and crackling (arcing) occur in the oven?
A. There may be several reasons why sparks and crackling within cavity (arcing) occur.
* A dish with metal parts or trim is being used. (silver or gold).
* A metal utensil has been left in the oven.
* Too much metal foil is being used.
* A metal twist-tie is present in the oven.

Q. Why does condensation appear in the oven ?
A. This is normal and occurs because the food is cooking faster than the moisture can be removed from the oven. Always wipe out oven after use.

FOODS

Q. Can I check the preset oven temperature when cooking by convection?
A. Yes, you can check the set temperature by pressing **"Convec. Temp."** key. The temperature will then be shown in the display for 2 seconds.

Q. Why are scrambled eggs sometimes a little dry after cooking?
A. Eggs dry out if they are overcooked. You may need to vary the cooking time or power level for one of the following reasons:
* Eggs vary in size.
* The initial temperature of the egg may vary depending on where it is stored.
* The shape of cooking utensils vary, which makes it necessary to vary cooking time.
* Eggs continue cooking during standing time.

Q. How are liquids, soups or casserole prevented from boiling over?
A. Use a larger utensil than usual for cooking. If you open the oven door or press **"Clear / Stop"**, the food will stop boiling.

Q. Why does the dish become hot when I microwave food in it?
A. As the food becomes hot it will conduct the heat into the dish. Use oven gloves to remove food after cooking.

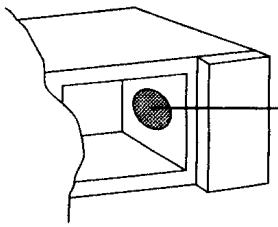
Q. Does the density of a food affect its cooking time in the microwave ?
A. Yes. A dense food such as meat will take longer to cook, reheat or porous, light and airy food such as bread, puddings and cakes. This is because microwaves cannot penetrate as deeply into denser, heavier foods.

CARE AND CLEANING

It is important that no liquid food or grease particles are left in the oven as this ensures the correct performance of your oven and reduces the risk of corrosion. After use always wipe out your oven thoroughly and dry.

INTERIOR OF THE OVEN

It is essential to keep your oven clean at all times. The oven cavity should be cleaned and wiped dry after each use. Please ensure that the oven is cool before cleaning. Wipe out with a mild detergent solution, paying particular attention to the microwave outlet cover (see illustration opposite) and the door seal area. Take particular care not to allow water to seep through the small holes in the oven walls. Wipe dry with a soft cloth.
Never use abrasive cleaning materials as these can damage the oven cavity. When grilling, using convection or dual cooking grease may splash onto oven walls, if this is not removed after cooking it can accumulate and cause the oven to smoke. Such stains are also more difficult to remove if allowed to become "baked on".



Microwave Outlet Cover

Do not use any type of oven cleaner on your microwave oven as this can cause severe damage.

REMOVABLE PARTS

The glass turntable, turntable support, metal drip tray and grill racks can be removed for easy cleaning. Wash in warm soapy water and dry. It is important to clean the metal drip tray after use to prevent deterioration of the non-stick surface.

EXTERIOR OF OVEN

Wipe with a damp cloth. Do not allow water to seep into vents. Never use abrasive cleaning materials as these can damage your oven.

BEFORE CALLING SERVICE

You can often correct operating problems yourself. If your microwave oven fails to work properly, locate the operating problem in the chart below and try the solutions marked for each problem.

If the microwave oven still does not work properly,contact the nearest SANYO SERVICE CENTRE.

PROBLEMS

	Is power cord plugged in ?	Is door closed ?	Cooking time not set.	Use microwave-safe cookware only.	Completely defrost food.	Check to see that ventilation ports are not restricted.	Use correct time / cooking power level.	Do not operate when empty.	Turn or stir food.
Oven will not start	X	X	X						
Arcing or sparking				X				X	
Unevenly cooked foods				X	X		X		X
Overcooked foods							X		
Undercooked foods				X	X	X	X		
Improper defrosting				X			X		

POSSIBLE CAUSES

IMPERIAL TO METRIC CONVERSION TABLE

Mass (Weight)	Metric	Imperial
	15 grams	1/2 oz
	25 g	1 oz
	50 g	2 oz
	100 g	4 oz
	200 g	8 oz
	300 g	12 oz
	400 g	1 lb
	1 kilo	2 lb

ELECTRICAL APPLIANCE GUARANTEE (WARRANTY)

Note: Nothing in this express warranty affects the statutory right available to the consumer.
Sanyo (the Company) WARRANTS to the user that if this Microwave Oven (the Product) is or becomes defective and the defect results from faulty materials and or workmanship and not in any way from accident, misuse or mishandling by the user, the Company shall, at its sole option, repair or replace such defective Product or part there of free of charge on the following basis:—

1. In the case of components parts and of workmanship- for a period of 12 months from the date of purchase by the user: and

2. Provided that the glass tray and light bulbs shall be excluded absolutely from this warranty.

The dealers / retailers dated bill of sale or delivery ticket shall be evidence of the date of purchase.
This Warranty is valid in the United Kingdom only and is not transferable.
The Warranty shall be null and void if the Product is tampered with, misused or abused, or if the serial number is defaced or removed.

IMPORTANT NOTICE:
This model in the Sanyo range of Microwave Ovens is recommended for DOMESTIC USE ONLY. Its use in a commercial capacity will render this guarantee inoperative.
To obtain service under guarantee, you are advised to contact either the dealer from whom the product was purchased. Should this not be possible, please contact Service Administration at:

SANYO U.K. SALES LIMITED
Otterspool Way,
Watford,
Herts, WD2 8JX

Telephone: Watford (01923) 246363

SANYO IRELAND LIMITED
41 Western Parkway Business Centre,
Ballymount Road,
Dublin 12,Ireland.

Service Tel No :Dublin 4503400 / 4568910

Direct Access Programs

Direct Access Programs	Press key	Prog. No.	Food Category	Cooking Mode	Minimum weight of food	Maximum weight of food	Increment
Potato	1	1	Baked Potato	C / M	0.1 kg	1.7 kg	0.1 kg
	2	2	Potato Gratin	C / M	0.2 kg	1.9 kg	0.1 kg
	3	3	Roast Potato	C / M	0.2 kg	0.9 kg	0.1 kg
Chicken	1	1	Whole Chicken	C / M	0.8 kg	2.0 kg	0.1 kg
	2	2	Chicken Pieces	C / M	0.1 kg	1.0 kg	0.1 kg
Pizza	1	1	Frozen Pizza	C / M	100 g	600 g	50 g
	2	2	Fresh Pizza	C / M	100 g	600 g	50 g

Direct Access Programs	Press key	Prog. No.	Food Category	Cooking Mode	Minimum weight of food	Maximum weight of food	Increment
Meat Joint	1	1	Beef	C / M	0.5 kg	2.0 kg	0.1 kg
	2	2	Pork	C / M	0.5 kg	2.0 kg	0.1 kg
	3	3	Lamb	C / M	0.5 kg	2.0 kg	0.1 kg
Reheat	1	1	Frozen	M	100 g	600 g	50 g
	2	2	Chilled	M	100 g	600 g	50 g
	3		Liquid	M	0.1 kg	1.0 kg	0.1 kg
Fish	1	1	Steamed	M	100 g	1000 g	50 g
	2	2	Baked	C / M	100 g	1000 g	50 g

Important: Always refer to the instuction manual when using direct access programs.

EASY USE CHART

SETTING THE CLOCK

1. Press "**Clear Stop**".
2. Press "**Clock**".
3. Touch "**Down / Up**" to set hour.
4. Press "**Clock**".
5. Touch "**Down / Up**" to set minutes.
6. Press "**Clock**".

TIME COOKING

1. Press "**Clear Stop**".
2. Press "**Micro Power**", 1-6 times to set power level.
3. Touch "**Down / Up**" to set cooking time.
4. Press "**Start**".

GRILL THERMAL/GRILL COOKING

1. Press "**Clear Stop**".
2. Press "**Grill**" once or twice.
3. Touch "**Down / Up**" to set cooking time.
4. Press "**Start**".

MULTI-STAGE COOKING

1. Press "**Clear Stop**".
2. Press "**Micro Power**" 1-6 times to set power level for 1st stage.
3. Touch "**Down / Up**" to set cooking time for 1st stage.
4. Press "**Micro Power**" 1-6 times to set power level for 2nd stage.
5. Touch "**Down / Up**" to set cooking time for 2nd stage.
6. Press "**Start**".

DUAL COOKING

1. Press "**Clear Stop**".
2. Press "**Dual Cook**" key once, twice or three times. Select Micro Power and Convection temperature as required.
3. Touch "**Down / Up**" to set cooking time.
4. Press "**Start**".

CONVECTION COOKING

1. Press "**Clear Stop**".
2. Press "**Convec.Temp.**" to select preheat temperature.
3. Press "**Start**".
4. Press "**Clear Stop**" once.
5. Touch "**Down / Up**" to set cooking time.
6. Press "**Start**".

AUTO WEIGHT DEFROST

1. Press "**Clear Stop**".
2. Press "**Auto Defrost**".
3. Touch "**Down / Up**" to enter weight of food.
4. Place the food in the oven.
5. Press "**More**" or "**Less**" to adjust defrosting time if required.
6. Press "**Start**".
7. At the pause, rearrange food as required. Close the door and press "**Start**".

DIRECT ACCESS COOKING

1. Press "**Clear Stop**".
2. Press desired Direct Access key.
3. Place the food in the oven.
3. Touch "**Down / Up**" to enter weight of item.
4. Press "**More**" or "**Less**" to adjust cooking time if required.
5. Press "**Start**".
6. At the pause (certain programs only), rearrange food as required. Close the door and press "**Start**".

IMPORTANT NOTE - USE OF AUTO PROGRAMS (PAUSE)

Please be aware that the Auto Defrost programs and the Direct Access Roast Potatoes, Roast Meat Joint programs have a built-in pause. On commencing use of any of these programs the first defrosting / cooking time will countdown in the display. At the pause turnover etc. as required, close the door and press "**Start**". The cooking time for the second period will countdown in the display.

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